



APRIL 2025 GROUP FITNESS CLASSES

Schedule Effective **04/07/2025 - 04/30/2025**

Members must be 18 years old or 17 and enrolled in SWC classes

Revised 03/24/2025

For all classes, see our Front Desk Staff to Sign-up and to Check-in prior to class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Gym Hours 7am-1pm; Pool Hours 7am-12pm)
7 AM		**Pilates Reformer 7 - 7:50am (70-311)		**Pilates Reformer 7 - 7:50am (70-311)		
8 AM		**Pilates Reformer 8 - 8:50am (70-311)		**Pilates Reformer 8 - 8:50am (70-311)		8 - 8:50am ZUMBA (70-313) <i>Laura</i>
9 AM	9 - 9:50am POWER YOGA (70-312) <i>Dina</i>	9 - 9:50am MAT PILATES all levels (70-311) <i>Lisa</i>	9 - 9:50am YOGA-LATES (70-312) <i>Dolly</i>	9 - 9:50am MAT PILATES all levels (70-311) <i>Lisa</i>	9 - 9:50am HIIT (70-313) <i>Dina</i>	9 - 9:50am WEEKEND WARRIORS (70-312) <i>Isaiah</i>
10 AM	10 - 10:50am FUNCTIONAL TRAINING (70-312) <i>Dina</i>		10 - 10:50am TRX (70-312) <i>Dolly</i>		10 - 10:50am GENTLE & RESTORATIVE YOGA (70-313) <i>Dina</i>	10 - 10:50am GENTLE YOGA (70-310) <i>Briseyda</i>
11 AM	11 - 11:50am YOGA SCULPT <i>*new class</i> (70-312) <i>Dina</i>	11 - 11:45am CYCLING (70-311) <i>Dina</i>	11:15 - 11:50am FOAM ROLLING <i>*new name</i> (70-312) <i>Dolly</i>		11:15 - 12pm CHAIR FITNESS <i>*new time</i> (70-312 or 313) <i>Dina</i>	11 - 11:50am YOGA SCULPT (70-310 or 313) <i>Briseyda</i>
Noon		12 - 12:50pm CHAIR YOGA (70-312) <i>Dina</i>		12 - 12:50pm CHAIR YOGA for Stress Relief (70-312) <i>Dolly</i>		
1 PM	**Pilates Reformer (all levels) 1:30 - 2:20pm (70-311)	1 - 1:50pm INTERVAL TRAINING (70-312) <i>Dina</i>	1:30 - 2:20pm BARRE 360 <i>*room change</i> (70-310 or 312) <i>Dolly</i>	**Pilates Reformer 1:30 - 2:20pm (70-311)	1 - 1:50pm SPORTS CONDITIONING <i>*new class</i> (70-312) <i>Jorge</i>	
3 PM	3 - 3:50pm TRX FLEX (70-312) <i>Dolly</i>					
4 PM	4 - 4:50pm HIIT (70-312) <i>Isaiah</i>		4 - 4:50pm HIIT (70-312) <i>Isaiah</i>			
5 PM	5 - 5:50pm SUSPENSION BARRE (70-312) <i>Dolly</i>		5 - 5:50pm YOGA SCULPT <i>*new room</i> (70-313) <i>Briseyda</i>	5 - 5:50pm GENTLE YOGA (70-310) <i>Briseyda</i>		
6 PM	6 - 6:50pm BODY SCULPT <i>*new format</i> (70-313) <i>Laura</i>		6 - 6:50pm ZUMBA (70-313) <i>Laura</i>			
	**Pilates Reformer 6 - 6:50pm (70-311)					<i>* room change, time change, new class, class name change, etc.</i>

Gym Hours:
Mon-Fri: 5:30 am - 8 pm
Sat: 7 am - 1 pm

Pool Hours:
Mon-Fri: 5:30 am - 7 pm
Sat: 7 am - 12 pm

JAWS has OPEN GYM in the Basketball Gymnasium - Room (70-101) on Tuesdays and Thursdays from 5:30am-8am. JAWS Fitness Membership required. Please check in at the Front Desk before proceeding to the gymnasium.

****Reformer Pilates** - Reformer classes \$15 per class for Active Members only (No exceptions)

Reformer Pilates for non-members, guests, walk-ins are \$30 per class.

Advanced booking/check-in required; booking **opens 7 days in advance**; check-in 15 min prior to start of class; arriving **5 min** late will forfeit your spot; Socks that cover the whole foot are required - grippy socks highly recommended.

No refunds; no transfers; no rescheduling

JAWS is CLOSED Mon-Fri, March 31 - Apr 5, 2025 (Spring Break)

JAGUAR AQUATICS WELLNESS & SPORTS

CLASS DESCRIPTIONS	FOCUS
BARRE 360: A total-body conditioning workout inspired by ballet/pilates/yoga/strength training-- with a focus on flexibility, balance, stability, and strength. All fitness levels are welcome. - SUSPENSION BARRE: Your core and stabilizing muscles will be challenged with the use of the suspension trainers; add barre exercises and you have a total body workout. All fitness levels welcome.	Strength, Flexibility
BODY SCULPT: A muscle-toning class using various fitness strength training equipment and bodyweight exercises.	Strength
CHAIR YOGA: A gentle yoga practice accessible for every body, that is easy on the joints and muscles. Postures and breathing exercises are performed with the aid of a chair to build strength, improve flexibility, and restore strength. - CHAIR YOGA for Stress Relief: Chair yoga practice that incorporates self-relaxation techniques to relieve stress using simple props.	Mind-Body
CHAIR FITNESS: A gentle chair workout that uses light weights/resistance bands, that is easy on the joints and muscles. Exercises are performed with the aid of a chair to help increase strength and improve flexibility.	Strength, Flexibility
"FUN"CTIONAL TRAINING : A workout for all levels, that focuses on strengthening and conditioning of the muscles for daily activity.	Strength, Core
CYCLING/EXPRESS CYCLE: A cardio-vascular workout performed on a stationary bike; great for all levels. Might include some strength training.	Core, Strength
GENTLE & RESTORATIVE YOGA: A gentle yoga practiced at a slow pace with long, passive holds in postures to restore the mind and body.	Mind-Body
HIIT (High Intensity Interval Training): A full-body bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises. All levels welcome.	Cardio, Strength
INTERVAL TRAINING: A total body workout where members perform a combination of 6 or more exercises, with short rest periods between them, using various fitness equipment. Multiple circuits can be performed in one session. All fitness levels are welcome.	Strength, Cardio, Flexibility
MAT PILATES (all levels): A low-impact mind-body workout with controlled movements to enhance your balance, core strength, mobility, and flexibility.	Mind-Body
**Pilates Reformer - \$15 per class - Active Members only (No exceptions- no guests; no walk-ins at this rate) Non-members, guests, drop-ins \$30 a class Advanced booking/check-in required; booking opens 7 days in advance; check-in 15 min prior to start of class; arriving late will forfeit your spot; Socks that cover the whole foot are required - grippy socks highly recommended. No refunds; no transfers; no rescheduling; no cancellations	
POWER YOGA: A yoga practice performed with a steady flow to enhance physical performance, build strength/stability.	Mind-Body
SCULPT/SCULPTING: A muscle-toning class using various fitness strength training equipment.	Strength
SELF MYOFASCIAL RELEASE: Release muscle (myo) and fascia (fascial) and increase flexibility with foam rollers and other fitness tools. All fitness levels welcome.	Flexibility
STRENGTH & CONDITIONING: Increase your physical strength with weight-bearing and/or resistance exercises.	Strength
SPORTS CONDITIONING: A high-energy workout to improve your aerobic and anaerobic fitness, flexibility, speed, and agility. All levels welcome.	Cardio, Strength
SUSPENSION BARRE: A total body barre workout incorporating the use of the TRX Suspension Trainers. Your core and stabilizing muscles will be challenged with the use of the suspension trainers. All levels welcome.	Strength, Flexibility
TRX (Total Resistance Exercise): This class is a form of suspension training using the TRX Suspension Trainer. Participants will perform a variety of bodyweight exercises targeting strength, stability, and core engagement. All fitness levels are welcome. - TRX FLEX: Perform yoga poses and flexibility exercises using the TRX Suspension Trainer.	Strength, Flexibility
WEEKEND WARRIORS: Increase your physical strength with weight-bearing and/or resistance exercises.	Strength, Cardio
YOGA: A mid-body practice promoting mental and physical well-being that incorporates postures (poses), breathing techniques, meditation and/or relaxation. - GENTLE & RESTORATIVE YOGA: A gentle yoga practiced at a slow pace with long, passive holds in postures to restore the mind and body. - POWER YOGA: A yoga practice performed with a steady flow to enhance physical performance, build strength/stability. - YOGA FLOW: A multi-level practice that incorporates simple flow sequences while focusing on alignment, breathwork, and flexibility. - YOGA SCULPT: A full body yoga practice focusing on intensity and strength, that uses bodyweight and can use hand weights and resistance bands.	Mind-Body
YOGA-LATES: A low-impact mind-body workout that is a fusion of yoga and Pilates designed to improve your core strength, posture, mobility, balance, and flexibility.	Mind-Body
ZUMBA: A calorie burning cardio-dance workout that incorporates dance and fitness moves to bold & spirited international rhythms and music. No experience needed.	Cardio

GROUP FITNESS ETIQUETTE:

1. JAWS Fitness Center Membership required to take Group Fitness Classes.
2. We have two parts to taking our group fitness classes:
 - a. Book the Class - on the Wellyx app or at the Front Desk Staff.
 - b. Check into the Class - When you arrive in the facility, scan your membership card and let the Front Desk Staff know you will be taking class.
3. All guests must sign a waiver at the Front Desk at every visit. Guests attending a group fitness must also sign in at the class.
4. Please be respectful of instructors and other members when taking classes by arriving on time and be ready to workout at class start time.
5. Arriving late is disruptive to the instructor and your fellow members. Late arrival also poses a safety issue as you will not be properly warmed up or prepared for the activity you are about to do. If you find yourself arriving more than 5 minutes late, please enjoy a workout on the fitness floor and join in next time.
6. Classes are a group activity; we request that you follow the instructor's routine.
7. Instructors reserve the right to cancel classes with participation levels of 2 or less.
8. Keep conversations to a minimum.
9. Please do not enter the classroom before the current class has finished.
10. Wear appropriate exercise attire and footwear.
11. Water must be in an enclosed, unbreakable container. Other drinks and food are not permitted in the room.
12. As a consideration to other members, no cell phone use is permitted in the room. Please put all phones on silent mode.
13. We recommend using a towel.
14. Only instructors are permitted to use stereo equipment.
15. Please refrain from wearing perfume, cologne, and scented lotions and remember personal hygiene.
16. For health and hygiene reasons, please wipe down equipment after use. We recommend providing your own mat/yoga mat.
17. Equipment is to be used for intended purposes only.
18. Moving equipment from room to room is **not** allowed.
19. Please return all equipment used in class to its proper storage location.
20. **The Queenax Room is closed for individual use while class is in session.**

Southwestern Community College
 Jaguar Aquatics Wellness & Sports
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 Chula Vista, CA 91910

Phone: (619) 482-6327
 Email for JAWS: swcwac@swccd.edu
 Email for Group Exercise: swcjaws@swccd.edu
 Website: swcjaws.com
 IG: @swc_jaws

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 pm Sat: 7 am - 1 pm

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